

Designing Women



Graphic design students Jennifer Brown (left) and Shelly Roberts display their semester-long projects for the lottery corporation. (Photo by Mark Waddell)

Conestoga's executives unsure about cutbacks

By Mark Waddell

Conestoga President John Tibbits and Kevin Mullan, vice-president of finance, said they will have to wait before they decide what the college will do if cutbacks to transfer payments are made.

The financial office received a letter April 3 from the federal government about a possible 25 per cent cutback in transfer payments to the college.

"We still don't know what the financial implications will be," said Tibbits. "It may not even be 25 per cent."

He said the college will wait to see if a decision must be made to make changes to help Conestoga become more cost effective.

"If you work for a company you're not going to make changes in your life until you know what the cutbacks are going to be," Tibbits said.

Although it's not likely Conestoga will have to cope with 25 per cent cutbacks, he said if cutbacks have to be made in one year then the school will have to make major adjustments. He said cutbacks are more likely to take about three or four years, making major adjustments easier.

According to Mullan, cutbacks at Conestoga would be made easier because of the high number of staff retiring in the next few years.

"About 30 per cent of staff will be

retiring in the next five to seven years."

This, he said, would minimize if not eliminate the possibility of job loss. Mullan said if major cutbacks were made, Conestoga would have to look at downsizing programs where placement rates are low.

He said Conestoga has made similar adjustments before. He cited the example of a diploma program for registered nurses offered at Conestoga's Stratford campus that was scrapped by the college. He said the decision was necessary because fewer registered nurses were being hired in Ontario. Conestoga elected to introduce a program for registered practical nurses which meets the criteria of hospitals in the province.

He said the school would examine the attrition rate of programs. He used the example of a program that starts the year with 30 students and ends with 10 students. "It's still costing us the same amount of money." He said the school would then have to focus on preparatory programs such as general arts and science for the pre-health program.

He said if the cuts are made, the school would also have to look at possible cuts to food expenses, library expenses, and student services.

He said it's possible the government will take the money from the other two main sectors — health and social services.

He said with the recent productivity shown by colleges the federal government will hopefully gear cuts towards the other two sectors. However, he said the most likely scenario will have each sector cutback slightly, accompanied by another government tax increase.



Conestoga College President John Tibbits reads the letter sent from the government. (Photo by Mark Waddell)

"Keeping Conestoga College connected"

This week in the news

Student creates poster for Arts Fest '95

Laura Grygaski's poster will appear throughout Kitchener-Waterloo in the next few weeks, promoting Arts Fest '95. The graphic design student's winning poster was chosen from a field of 26 submissions for its effectiveness in promoting the event as well as for its printing qualities.

Arts Fest '95 is a street festival of arts and culture to be held in downtown Kitchener on the weekend of June 2-4. Musicians, dancers, clowns and visual artists will take over the streets.

This year the Arts Fest committee wanted a more eye-catching poster to promote the event.

For details see page 2

Security guard to retire

Conestoga security guard Jim Brady reflects on life at Conestoga and his hobbies outside the school. After spending six years on the job, he will retire from Conestoga on April 28.

The ordained minister and father of five shared stories about his woodcarvings and his over 50 years of poetry writing experience.

He plans to keep busy during his retirement by travelling and continuing his hobbies.

For details see page 2

Special needs volunteers to be recognized

Fourteen people — seven students and seven faculty — have been nominated for their volunteer services helping people with special needs. All nominees will receive a certificate and winners in three categories will receive a plaque. The nominations are being reviewed by a subcommittee of the college's special needs advisory committee which will decide the winners by May 1.

For details see page 7

Spoke goes to The Volcano

The Forgotten Rebels played to a maniacal crowd at The Volcano April 14. The band performed older material such as "Angry" and "Third Homosexual Murder" as well as songs from their latest album *Criminal Zero* such as "Karaoke Night in Attica."

Vocalist Micky De Sadest played up to the crowd and encouraged audience participation during the group's performance.

In other entertainment, Spoke reporter Kelly Spencer reviews the video release of C.M. Talkington's *Love & A.45*.

Seemingly modelled after Quentin Tarantino's *True Romance* and *Reservoir Dogs*, the movie features a pair of criminal lovebirds on the run from the law as well as a little mutilation.

For details see page 8

Dazed and Confused

Second semester journalism students have put together a supplement examining substance abuse in all its faces.

For details see pages 9-12

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CAMPUS NEWS

News Editor: Linda Orsola Nagy 748-5366

News Briefs

- The Waterloo-Wellington Alliance for Animals and researcher Ian Redmond will present the true story of *Gorillas in the Mist* Thursday, May 11 at Bingeman Park. Redmond was a close friend and research assistant of Dian Fossey, the animal researcher and activist whose struggle to save the last remaining gorillas of the Virunga Mountains was portrayed by Sigourney Weaver in the movie *Gorillas in the Mist*. Redmond was made trustee of the Digit fund after Fossey's murder during her crusade. He is now working on a biography entitled *The Life and Death of a Gorilla Named Digit*.
- The student services department at Conestoga is looking for volunteers as it organizes a peer host service for this coming September. The program is designed to help students from other cultures adjust to school and an unfamiliar environment. It will match a senior (returning) student volunteer with an international student. Information meetings are being held to answer any questions by prospective volunteers.
- The student services department is also looking for assistants for orientation. These are paid positions (\$7 per hour). The festivities will run Aug. 28 to Sept. 1 and anyone interested in applying for a job can see Myrna Nicholas in the student services office (2B12).
- The Homer Watson House and Gallery is hosting an open house and lawn party Sunday, May 14 from noon to 5 p.m. Organizers promise an afternoon of "old fashioned entertainment." Planned activities and entertainment include the On Q barbershop quartet, raffles, a scavenger hunt, a juggler, a nature walk, three-legged races, croquet, and a wandering wizard.

Any hot scoops?

Don't Keep them to yourself

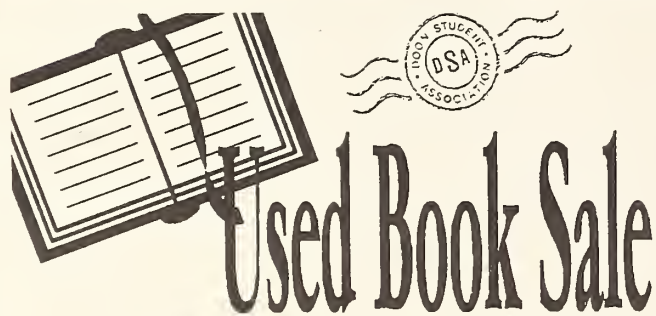
Contact our newsdesk in room 4B15 or call 748-5366

Corrections

In the April 17 issue of Spoke, the names of Myrna Nicholas and Grant McGregor were misspelled.

In the same issue, Mike McClements, chair of technology, was incorrectly identified.

Spoke regrets the error



Used Book Sale

Do you have text books to sell?

The DSA will sell your books
for you at the DSA USED
BOOK SALE held in
September.

Drop off your books to the
DSA Admin. Office
April 17 - 20 &
April 24 - 27



Graphic design student creates K-W's Arts Fest '95 poster

By Patricia Bow

A poster designed by a Conestoga College graphic design student will be appearing throughout Kitchener-Waterloo in the next few weeks, promoting Arts Fest '95.

Laura Grygaski's winning poster was chosen by an Arts Fest committee for its effectiveness in promoting the event as well as for the ease and economy of printing.

The poster features a background divided in half diagonally, one half white with red lettering, the other half red with a lighter red type. The type lists all events. The centre is dominated by the Arts Fest '95 logo.

Arts Fest '95 is a street festival of arts and culture to be held in downtown Kitchener on the weekend of June 2-4. Its purpose is to promote the downtown core as a place to visit and enjoy.

During the weekend, King Street will be closed between Gaukel and Queen streets, to make room for the special events. The civic

square in front of City Hall will also be used.

Participants will include musicians, dancers, clowns and visual artists, among others. Craftspeople will exhibit their works and demonstrate their skills, while actors will stage theatrical scenes and medieval enactments.

Now in its fourth year, Arts Fest is sponsored by the Kitchener Downtown Business Association. This year the event is being organized by a paid chairman, Richard Alder. However, most of the other people involved are volunteers.

Arts Fest has been operating on a shoestring, according to Alder. It needs promotion in order to draw the crowds necessary for success, yet its budget is limited.

Budget constraints were only part of the reason why the event's organizers approached Conestoga College early this year.

They needed an effective poster to promote Arts Fest, Alder said, a more upbeat, eye-catching design than had been used in previous years.

Another criterion was that the poster should be clear and easy to reproduce — hence, cheaper to print, Alder said.

The poster competition became a project for Myron Shwadchuk's second-year graphic design class. In all, they made 26 submissions.

The Arts Fest committee spent considerable time narrowing the number of submissions down to a few.

After eliminating those which did not meet the criteria precisely, the committee were left with 12, which were finally cut down to three. The finalists were Grygaski and classmates Ron Smczek and Jessica Lee.

"All three communicated the spirit of the event as well as meeting all criteria," Alder said.

The posters were sent to three different printers to get an estimate of reproduction costs, since cost was a factor in the final decision.

Grygaski said competitions are a useful exercise for graphic arts students, since it provides practice in meeting the needs of clients.

Conestoga security guard to retire

By Mark Waddell

Keeping himself amused during retirement should not be a problem for Conestoga College security guard Jim Brady. The ordained minister and father of five is also an accomplished woodcarver and poet.

Brady will retire April 28 after working at Conestoga for six years.

Being a security guard is one of many jobs Brady has held. He has worked for about 40 years at various jobs in places all over Ontario.

The soft-spoken Brady eased into his chair and stared into the distance when asked to reflect on his working career and hobbies.

He has spent most of his life as an elementary school teacher, but has also repaired clocks, and tifted sand

at a gravel pit in Paris, Ont. He has been a security guard for 10 years. The other four years he worked security for the gravel pit in Paris.

He spoke about his work career briefly. However, his eyes sparkled and a smile dawned his face when asked about his woodcarvings.

His specialty, according to Brady, are clock woodcarvings which he has made for 53 years. "I have so many I can't remember them all."

The self-taught clock woodcarver said he has made a variety of clocks which have been sold throughout North America.

He laughed when he described an odd clock woodcarving of a cabin carved from a tombstone, which now finds its home in Nova Scotia.

His other works include a clock woodcarving of Jesus Christ which belongs to owners in Independence,

Missouri, a clock in Salem, Oregon, and another of a girl in silhouette belonging to his daughter's friend in Sudbury.

Brady also loves to showcase some of his 1,500 poems, written during a span of about 50 years.

"I've experimented with all kinds of poetry," said Brady as he proudly displayed a stack of his works.

His poetry, which is based on everything from humor to religion, has appeared in local newspapers, including Spoke. He said a friend in Tennessee calls him "the Robert Frost of the north." Others have compared his poetry to Longfellow, Donne and Keats.

He plans to keep busy with his hobbies during his retirement. He proudly recited his last poem about a spider web, which he plans to submit to Ideals magazine.

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Conestoga security guard Jim Brady retires April 28 after six years.
(Photo by Mark Waddell)

The Sport of Condors

Sports Editor: Kerry Masche 748-5366



Head coach Ron Taylor and assistant coaches Tracy Gimby and Andy Schlitt present Kristine Gemell with the women's softball coaches award. (Photo By Don Ross)

DSA wraps up year with awards banquet

By Don Ross

Several athletic and Doon Student Association awards were presented at the 27th annual awards banquet April 13 in the blue cafeteria at Doon campus.

Approximately 300 people were on hand to view the two-hour ceremony which included awards and recognition in 29 categories.

There were six recipients of the DSA award of merit for members of the college community whose contributions to college life have been significant: Elizabeth Hirn, Carey Stoyko, Chad Baldwin, Shannon Henry, Jack Fletcher and Ian Challenger.

The award of distinction for individuals whose contributions to college life have been outstanding were given to: April-Dawn Blackwell, Deb Reyner, James Sandford and Jeff Taves.

Ben Noseworthy was this year's recipient of the award of excellence

presented to the individual who displayed outstanding leadership and involvement in college life.

The varsity team awards were presented by Dan Young and awarded to the men's hockey team, who finished one point from first place in OCAA league play and captured the silver medal. Team captain Scott Ballyntyne was named to the intercollegiate first all-star team.

Dave Long, of the men's hockey team, left with two awards. He captured male athlete of the year honors as the MVP award for the player on the team who has made the most significant contribution to the team's success.

Female athlete of the year honors went to Karri Walker, a member of both the outdoor and indoor soccer teams.

The intramural team of the year award went to WHAM II, this year's intramural volleyball champs.

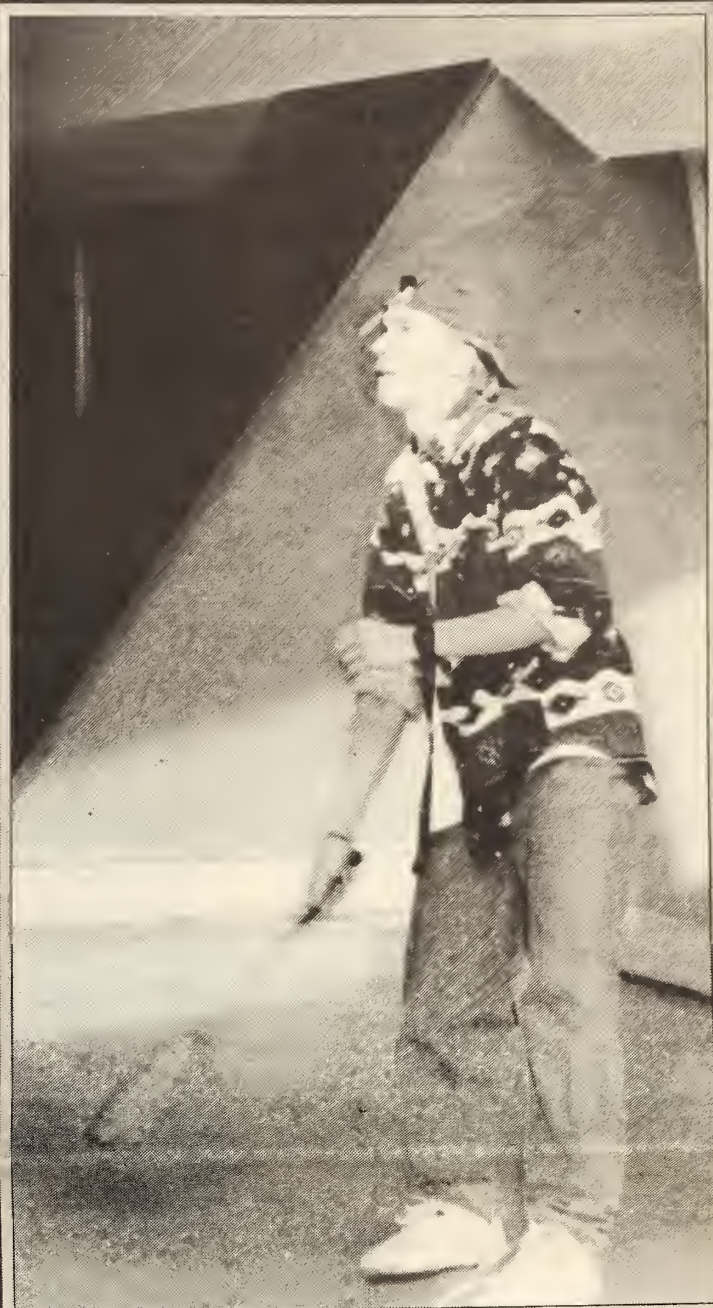
MVP awards were presented to Fawn Day, of the women's softball team; Kerri Walker, women's outdoor and indoor soccer; Sanjeev Dhanapala, men's outdoor soccer; and Patrick Barnes, men's indoor soccer.

The coach's award was presented to the team member who the coaching staff felt made outstanding contributions to the team throughout the year. Coaches of the respective teams made the presentations after being introduced by Young.

The awards went to: Kristine Gemmell, women's softball; Amanda Kesselring, women's outdoor soccer; George Papadakis, men's outdoor soccer; Brian Parks, men's hockey; Amy Olson and Kathy Magee, women's indoor soccer and Dwayne Bell, men's indoor soccer.

The women's outdoor soccer team from 1991/92 was inducted into the The college's Athletic Hall of Fame.

Many happy returns



Brett Wagner, a student from St. David's high school waits for a return during a practise before the badminton tournament at Doon on April 13. (Photo By Blair Matthews)

PUBLISHERS' BOOK FAIR

The Doon Learning Resource Centre

will be hosting the

Annual Publishers' Book Fair:

MONDAY, MAY 8, 1995

9:30 a.m. - 4:00 p.m.

Main Cafeteria, Doon Campus

Remember - keep this date free!

Peer Host Service

Volunteers Needed For Fall '95

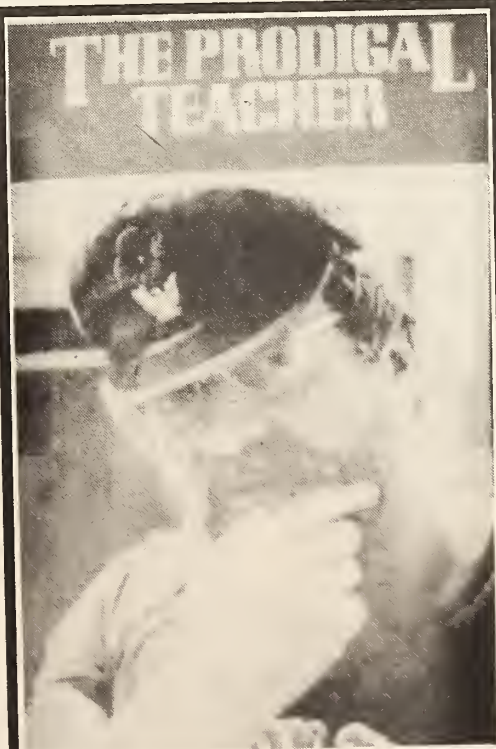
- ☺ Be matched with an incoming student from another culture
- ☺ Assist students in orientation to college life
- ☺ Learn more about other cultures
- ☺ Make new friends

Information meetings

Choose one of the following:

Mon. April 24 in Rm. 1B29
12:00 - 12:30 or 12:30 - 1:00

Wed. April 26 in Rm. 1C2B
2:30 - 3:00 or 3:00 - 3:30



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Spoke staff would like to extend a warm "thank-you and good luck" to:

- ☺ Kerry Masche
- ☺ David Carlton
- ☺ Jenny Richardson
- ☺ Blair Matthews
- ☺ Blake Patterson
- ☺ Venus Cahill
- ☺ Kelly Lewis

Take care and have fun in the BIG WORLD, where the sharks bite for real!

Thanks for everything, and GOOD LUCK!!!!

OutSPOKEn Opinions



"Keeping Conestoga College connected"

est. 1967

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SPOKE is published and produced weekly by journalism students of Conestoga College. SPOKE is mainly funded from September to May by the Doon Student Association (DSA). The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the DSA.

Advertisers in SPOKE are not endorsed by the DSA unless their advertisements contain the DSA logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space.

Unsolicited submissions must be sent to the editor at the above address by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and would helpfully include a printed copy and/or a WordPerfect 5.0 file. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

Worm Words



By David Carlton

Campus security not very secure

One last time, then you will never have to see my face again.

I overheard a tour guide telling a group about the Doon security office, partially describing it as a place to go if you feel threatened or are in need of assistance.

Last Sunday night, I was in the school and I needed the darkroom and the Spoke office opened up. I looked around almost an hour for a security guard to unlock the doors I needed opened.

The security office was closed, and there were no rent-a-cops on that floor at all. They were neither downstairs, nor upstairs when I looked.

A friend of mine found one and asked him to open the rooms for me.

After he did, I asked the security guard why he wasn't in his office when he was needed.

He explained to me how it takes him and the other guards two hours to do a complete sweep of the grounds.

"That's two hours you'll never be able to find us," he said.

What if someone was being assaulted? What if I had witnessed someone breaking into the lounge or someone's office? What if a car parked outside one of the doors was being stolen or broken into? Whoever the victim was would be doomed — there would be no security guards anywhere for two whole hours.

The only time you would find one is if you got lucky in stumbling across one in the hallways, but by that time it would be too late.

The security guard from Sunday night mentioned something which made me think. There is a piece of electrical equipment which may be attached to the switchboard which would make it possible for someone in need to call the security guards on the portable transmitters they carry with them at all times. The guard estimated the device would cost either \$10 to make or buy.

If the school can shell out so many thousands to make the new business school which has devastated the beautiful marshland just outside of the graphics wing, surely Conestoga can afford to buy (or have the electronics students make) a device such as this.

Another thing the campus security could do is invest in a surveillance camera system. The Rodeway Suites across the street has a system which can even look up Conestoga College Drive. Each floor is surveyed from both ends, and the common lounge in the basement is under the camera's scrutiny at all times.

The school could use something like that.

The security guard I spoke to said the requirements for being a rent-a-cop are only that you have no criminal record. The average salary for a campus security guard is a dime above minimum wage. Surely we could afford to hire a few more, if just to keep the security office occupied at all times.

It would make a lot of people a lot more secure.

Transfer payment cuts should not affect us



By Mark Waddell

Conestoga should not have to worry about recent threats by the federal government to cut transfer payments by 25 per cent.

The financial office at Conestoga received a letter on April 3 outlining the possibility of cuts to transfer payments to the college which would result in moderate to drastic changes depending on the period of time the cuts would be issued.

If cuts had to be made in a year, then the school would have to make drastic changes, but that is not likely to be the case. If cuts were made over a three to four-year period, then the school would have more time to examine its options when trying to decide how to be more cost efficient.

The government should take a lighter stand on education cutbacks.

Especially with the recent productivity level of Ontario colleges compared to the recent decline of students applying to universities. It would be absurd for the government to cut transfer payments when a school such as Conestoga, for example, has a job placement rate of 82 per cent.

To take approximately one quarter of the transfer payments from the government to the college would likely result in fewer programs offered at Conestoga.

Fewer students would apply to Conestoga as a result, which would mean an influx students looking for part-time jobs in a workforce that has more than its share of people who are underqualified.

So what options does the federal government have? The obvious answer is to increase taxes. However, the public is already up to their eyeballs in taxes and the idea of paying more taxes would infuriate most people to say the least.

There is always the option of cutting money for social services or cutting money for health care. But for every time the government threatens to slash at a public sector, that sector wants cuts to be made to another sector.

This was the case when the Canadian Federation of Students put together an alternative plan to the proposed federal budget.

Although the plan showed signs of originality, the organization was trying to state a case for education and asking the government to direct the cuts at another sector.

The outcome should see cuts to all three sectors. Although over what period of time remains to be seen. And we all know as Canadians, taxes will likely increase.

Earth Day should not be commercial holiday



By Kelly Spencer

On the 22nd day of the fifth month of each year, we all join hands in the spirit of Earth Day and vow to work harder to minimize the wear and tear we afflict on our planet.

Promises are made for massive clean-ups, and companies launch their new and improved environmentally-friendly campaigns.

When Earth Day draws to a close, we can crawl into our cozy beds with our settled consciences and dream of luscious forests and abundant wildlife.

Realistically, Earth Day is no longer a celebration of the beauties and wonders of our world. Nor is it a day when people's eyes are suddenly opened and the veil of ignorance about environmental degradation is lifted. Earth Day merely exemplifies the facade which carries on in our society every day.

An "Environmentally-friendly" label on your favorite product, is probably not so much a commitment for change as it is a target for profit. Consumers are guilt-ridden — and those multi-million dollar companies know it. Overwhelmed by the pointed fingers and constant warnings of environmentalists, consumers can no longer deny the part they play in our depleting ecosystem.

Their guilt is relieved when they substitute a product for something with less packaging, or something which is allegedly recycled, or contains and produces fewer dioxin and furans. "Green" products are big bucks. They secure public outcry, and bring in new business for their producers.

They're also a perfect backdrop for a company who claims to really care about their customers — which is all fine and dandy if that is indeed their true motive.

But consumers are so busy snatching up their little tokens of consolation, they never bother to check-up on what these newfangled, environmentally-friendly products really contain or how differently they are produced.

This is not to say all companies are operating at such a dirty level. But if you compare the spiel you buy into, and the research you take the time and energy to do, you may find very different

information.

Aside from corruption and greed at the corporate level, Earth Day has come to represent the bursts of short-lived enlightenment which seem to plague all major issues. "Devote a day or a week to women's issues or racial harmony, and if that doesn't cure it . . . then at least we tried." Certainly, there are people who rise far above such resounding attitudes.

There are people who do give a damn, and give selflessly to further such change. But for many, Earth Day is just another New Year's Eve, full of fruitless resolutions which were spewed forth in the heat of the moment. There may be a few more participants in the Blue Box Program, and composter sales may sky-rocket for the last week of April, but once the novelty has worn off, too many people simply fall back into their wasteful ways.

I highly doubt this planet was created all in one little day, and judging from what we've done to it since, it cannot be destroyed so quickly either. So, I think the chances of it being saved in one day, are slim. Instead, people must take the initiative to fix things at a reasonable and workable pace.

Ending environmental degradation is much like flattening that pot-belly you've been carrying for all those years.

Everyone knows that the only sure-fire way to a healthy body is through a balanced diet and regular exercise.

Yet, whenever the next batch of miracle diet pills hit the market, or the next revolutionary tummy-tucker pops up on your television screen, it may seem too incredible to resist.

Likewise, the only way to tame a society bent on throwaway luxuries, is to start slow and steady.

Make a dignified effort to change your habits for the better. Know what you're really buying, and more importantly, what you're really buying into.

Let us not cram the complexities of this issue into one day, and forget it for another full year afterwards. Instead, make every day an Earth Day.

TAKING SIDES

Do you think classes should run through the summer at Doon campus?

School in summer is enjoyable

By Patti Harding



For most, school in the summer is reminiscent of their high school days. Not getting a course on the first try and not wanting to repeat it the next year and risk the humiliation meant braving a month of summer school. Now a month-long course can help pass the lazy days of summer. For others, the summer means a chance to earn extra money.

For most people, summer is not meant to be spent in school; but what if it was? What if all the programs at Conestoga College extended into the summer months and allowed the students of the college to complete their courses that much earlier? What if you couldn't get a job or take extra courses in the summer because the courses that were necessary to get your diploma were offered in the summer?

I've heard people sigh with relief in the last few days because they will be finished their semester in a week and will have four months to do whatever their hearts desire. But for me, I look forward to another four months at Conestoga in the heat and sunshine. It sounds awful but it's not so bad.

Summer at Conestoga is glorious. Not a lot of other people to bother you; no line-ups; the seat of your choice in the cafeteria and the run of the school. These are some of the assets but the best thing is that I finish my course a year-and-a-half earlier.

The journalism course runs throughout the entire year. A course that would be three years if you don't go through the summer is condensed into a year-and-a-half. This means that I can get out into the "real world" that much sooner and tune my skills to what is really needed — experience. Sitting in school for three or four years can only teach you so much, then you must go into the work force and get experience every company looks for.

You would hear a lot of people complain about attending school in the summer but there are a lot of great things that go along with it. The other major asset is that it accustoms you to the "real world" by getting you ready to work full-time. For those like me, right out of high school into college, still a little wet behind the ears and who have only held full-time jobs in the summer, this is a whole new experience. I don't get a summer vacation. I have the pressures of deadlines and people on my back everyday and I am grateful for it. I know although I am only in school this is what the workforce may be like.

Summer has traditionally been a time for people to lay back and relax, that is only for weekends now, when I have the time. I am all for going to school in the summer. It is not at all as bad as people make it out to be. There are people who go to school all summer and enjoy it. Summer can still be a time to relax but now it must be done on weekends.

campus comments



"No. I have to make something. I work all summer to try and catch up the bills OSAP doesn't cover."

Ben Noseworthy
Business administration management

"I think it would be helpful if more courses offered co-op programs in the summer."

Anita Wiesel
Marketing



"No — primarily because I have to pay my tuition. I have to get a full-time job: it's too difficult to work around classes."

John Jaklitsch
Marketing



"No. I think everyone deserves a break. By this time, I'm broke and I need a break."

Kelly Schmidt
Electronics Engineering Technology



Do you have any ideas of topical questions you want straightforward answers to? Send them to the editor or staff in Room 4B15, or call SPOKE at 748-5366.

We have better things to do in summer



By Linda Orsola Nagy

Colleges should not run programs through the summer because it robs students of both the opportunity to work full-time and the chance to have a life separate from school.

When a program is offered during the summer, it forces students to choose between earning wages to pay for education and earning a diploma in the shortest time possible.

As well, the meagre choice of courses during the summer months suggests that money spent here could be better used elsewhere.

The precious months of May to September are more than just a time to soak up the rays and enjoy a term free of homework.

These four months represent an opportunity for students to rejuvenate both their pocket books and their mental health.

Summer programs jeopardize the necessity of this critical period.

With tuition prices and the cost of living rising steadily, more students are depending heavily upon their own earnings to pay school costs. By taking courses during the summer, students lose that given full-time money making period when jobs (in their short-term market) seem to be in greatest abundance.

With proposals in the works by the government to cut back transfer payments to post-secondary institutions, students will soon be asked to share a bigger piece of the pie. Their earnings will become essential to the existence of colleges and universities. Without student input the demand for loans and the number of 40-year-olds still owing money to the government will be out of control.

As well, programs which are offered throughout the year run a greater risk of student burnout because students do not have these given four months to spend on outside activities. The four-month break allows them to get away from the commitment of school-work and pursue activities for whatever reason they choose.

The opportunity to travel and explore during one of the most exciting and inviting seasons is lost when students realize they can finish their diploma and enter the workforce faster.

Finally, summer programs generally don't offer the wide range of course selection found during the normal school year. This is due in part to the limited number of people who enrol. It would be more worthwhile for institutions to put their resources into better programs during the fall and winter terms. This would save the school money during a time of limited enrolment and allow the college to better use those funds to serve all students.

In a time when education funding at all levels is being threatened, not running summer programs would be a cost-effective measure.

The interests of the students and the college are better served when programs are run only from September to April.

YES

NO

CONESTOGA LIFE

Lifestyles Editor: Kim Breese 748-5366

Federal government supports student job creation

By Don Ross

The federal government has introduced a six-tier job creation strategy which will result in 44,500 summer jobs for students, a federal report promises.

The strategy, called Student Summer Job Action, will receive \$236 million in funding, up from \$193 million allocated for youth programs in 1994-95.

This funding was provided for in the 1995 federal budget and included in the current framework.

This also allows municipalities to designate which programs its' allocation of the funds are to be placed,

Barry Daniels, of Canada's Job Strategy Unit in Kitchener, said. More emphasis will be placed on the Youth Internship and Youth Service Canada programs which will receive \$93 million more than it did last year in federal funding, he said.

Youth Internship brings communities and educators together to organize student training, Richard Courville, Chief of Youth Programs and Services said. It is for students aged 18-24 only. "The program identifies a community need, and a sponsor of community services hires 10-20 youths each," said Patricia Hynes-Seely, from the office of the Secretary of State

Training and Youth. "There are three streams currently being implemented: the school-board stream which provides jobs for those still in school, a community stream for youth who have finished school called Youth Service Canada, and a sectoral stream which will provide employment for those seeking employment in a given field, such as the automotive or logistics sectors," Courville said.

Funding for Youth Service Canada is set at \$28 million for 1996. Ethel Blondin-Andrew, Secretary of State for Training and Youth, said in a press release, that 10,000 jobs are expected to be created through summer Youth Service

Training. Some of the work projects will target community development and learning as well as environmental protection and conservation.

Summer jobs last between eight to 10 weeks and can end no later than Sept. 1, 1995. Participating students also receive a weekly stipend and a completion bonus, Courville said. The federal government will be encouraging employers to hire students through the Summer Career Placements program which offers wage subsidies for non-profit and profit organizations. "The subsidy will vary between non-profit and profit organizations. We are canvassing

employers through rotary clubs and the Retail Council of Canada to show them the benefits of hiring students," he said.

This program is expected to create 30,700 jobs, Blondin-Andrew said. An increase of \$1.8 million to \$10.4 million this year will be given to Canada Employment Centres for students.

The additional funds will allow for more staffing at these centres to assist students and employers, he said. "Kitchener-Waterloo does not yet have its local budget so we are unable to send application packages to local organizations and businesses yet, but we will receive it in plenty of time," Daniels said.

Graphic arts student designs poster for coloring contest

By Kim Breese

A poster for a coloring contest highlighting National Access Awareness Week (May 29 - June 4, 1995) has been designed by Brian Cooper, a first-year graphic arts and design student at Conestoga College.

Cooper volunteered his service after being approached by Rob Kartechner, a second-year materials management student. Kartechner is the college liaison person for the Guelph chapter of the National Access Awareness group.

Kartechner said the group plans to distribute the poster to primary school children in Guelph as part of a campaign featuring the theme "Access the Future" (*Learning is the area*).

Children are usually more open-minded and accepting of people with disabilities than adults, said Kartechner. Once children are made aware that people with disabilities are really no different from others — that they have the same lives and hopes and dreams — then the children realize "it's not really a big deal," he said.

As for adults, Kartechner said, "I think one of the biggest problems is people still shy away from somebody with a disability. They don't know quite how to handle them."

He said National Access Awareness Week directs attention to the

fact that people with disabilities can be successful and productive citizens, but they have to be able to access the basic amenities guaranteed under the Charter of Rights, in order to lead fulfilling lives.

Kartechner said many people do not understand some of the difficulties people with disabilities have to deal with. "Transportation is the big thing. It's limited. If you're in a wheelchair or if you have a walker, normal bus service and taxis are out of the question," he said.

Many people cannot afford special access taxi services, said Kartechner. And many places still do not have ramps and elevators necessary for people with disabilities to get into buildings.

However, things are changing slowly, he said, in part because of legislation, but also because of the awareness generated by Rick Hansen.

National Access Awareness Week began after Hansen completed his world marathon Man in Motion tour in 1984. One of Hansen's goals was to focus attention beyond a person's disabilities to the things they could do, and that focus is still important, said Kartechner.

Many people with disabilities, who are used to meeting and solving problems, become determined and creative individuals, he said. "What we can't do with our hands and our feet — we find other ways.

Even though it may take longer and it may take more effort, we're still able to accomplish it," he said.

"I think employers are finding that many workers with disabilities have a tendency to be a little more strong-willed to get things done. They don't pass the buck — they take it upon themselves and work it through. That's evident with some of the students here at the college."

Kartechner said advances in technology are providing more oppor-

tunities for people with disabilities to work at home with computers.

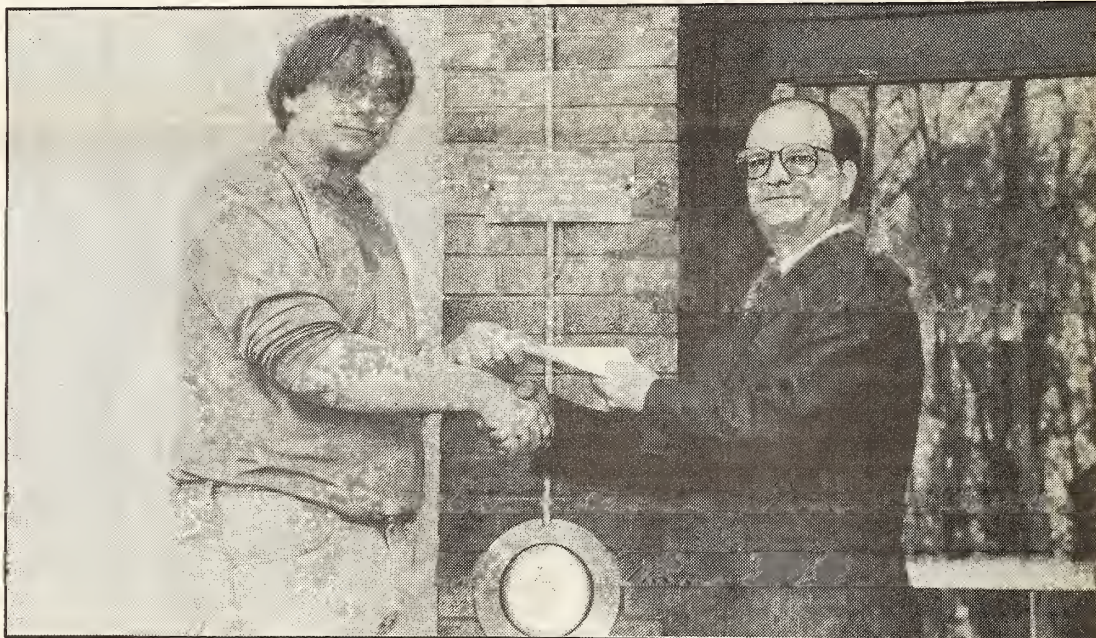
Even with the advances, more public education about people with disabilities is needed, said Kartechner.

Several activities are planned in Guelph during National Access Awareness Week, including a wheelchair and scooter check-up and repair at Stone Road Mall on Thurs. June 1.

The clinic will be sponsored by

local businesses that deal with people with disabilities and minor repairs will be done free of charge, said Kartechner. A demonstration by a wheelchair basketball team, the Spinners, is also planned.

The Kitchener branch is not planning specific events. According to representative Paula Saunders, the group is conducting a media blitz during National Access Awareness Week to focus positive attention on people with disabilities.



Brian Cooper (left) receives a letter of appreciation from Rob Kartechner after designing a poster for National Access Awareness Week. (Photo by Kim Breese)

Overwhelming response to computer literacy program expansion

By Don Ross

Conestoga College's Cambridge campus is offering a new computer literacy program in response to a decision to expand the program nationwide by the Association of Canadian Community Colleges.

The program, Speech Assisted Reading and Writing (SARAW), was developed to enable those with severe physical disabilities to become literate.

For the first time, those who cannot speak or hold a pencil will be able to communicate via a talking computer program designed to teach basic reading and writing skills, said Helen Watt, teacher of the literacy program at the Cam-

bridge campus.

"The response from the students has been overwhelming, she said. We had one girl who cannot speak literally in tears because she was able to write a story and hear it spoken through the touch talker on the computer."

The program is composed of four major sections: Reading, Activities, Writing and Options.

The reading section of the program is a collection of stories written by other literacy students.

The program has 1.5 megabytes left over for the student to type their own story which the computer will read aloud, one word at a time, a sentence at a time, or the complete story, Watt said.

The activities section associates

word games with multi-colored images to help students see the relationship between pictures and the sounds the letters make.

The writing section allows students who are slow at using the keyboard to be more effective by offering feedback on each word typed, she said. As a word is typed, the computer shows the student common words that begin with the same letters.

The student can press the word they want and the computer finishes typing it.

The student also has the option of choosing the computer's voice and the speed at which it speaks.

For those who cannot move their limbs at all, an assistance device called "switch-ware" donated by

Freeport Hospital in Kitchener, enables the students to move the cursor with their head.

The course is free and all hardware is donated by Digital Equipment, the developers of DECTalk, a speech synthesizer that produces high quality sound needed for a literacy classroom.

Additional funding was provided from the National Literacy Secretariat. The cost of one of these computers with the software is approximately \$3,500, she said.

Watt currently has 35 students in the program, seven of whom have severe physical disabilities and find the program "a lifesaver" she said.

The program was first introduced at British Columbia's

Capilano College in 1991 through the Neil Squire Foundation which developed the software.

With assistance from the provincial government of British Columbia, the National Literacy Secretariat, and an additional donation of 25 computer systems from Digital Equipment, the program was responsible for drastic improvements in student learning and was demanded nationwide.

Digital has donated money and 75 computer systems to community colleges, bringing the value of their contribution to \$800,000.

The Neil Squire Foundation donated software and provided the program instruction to the colleges and community organizations.

CONESTOGA LIFE

Teacher on the cutting edge of technology

By Kim Breese

Keeping up with innovations in the workplace is important to provide students with the necessary skills for the future, said Conestoga materials management teacher Werner Funkenhauser.

Funkenhauser, who teaches computer skills to materials management students, is looking forward to a one-year working sabbatical after the fall semester.

"The field that I'm in is fast-paced," he said. "Computer applications in the business industry are growing like wildfire. There is continuous change."

Funkenhauser will spend his leave working for a Toronto-based company that is currently expanding and redesigning its software in the marketing and management areas.

The company has also acquired a major competitor which is not computerized and needs to be converted to the new system.

Not only will the job be an exciting challenge, but a lot of the experiences will be directly relevant to the program at the college, Funken-

hauser said.

"One of the things we are looking at doing in the program is incorporating electronic data interchange (EDI) capabilities and studies for our third-year students," he said. "A large focus of my job on my sabbatical will be exactly that. That kind of activity is going on currently all over the world and this company is on the verge of incorporating EDI, so I'm going to be right on the cutting edge."

Funkenhauser started teaching at Conestoga's Guelph campus in 1967 and has specialized in computer communications and applications at Conestoga since the early '70s.

He has been involved in what is now the INTERNET system for about 15 years.

He also wrote the curriculum for one of the first computerized mathematics programs at the college and designed the first Canadian micro-computer payroll system, which he did for Radio Shack in 1978.

Because computers are work, Funkenhauser listens to distant AM stations for relaxation — a hobby,

he said, that requires some skill. He is looking forward to a week in May that he is planning to spend with fellow radio hobbyists in Newfoundland. There, the DXers — as they are called — will set up equipment, including 2,000-3,000 foot antennae wires pointed horizontally at different locations to try to pick up distant signals. Funkenhauser said they will be trying to locate All-India Radio and China.

"If I go there and only hear those two stations, I'll consider my week worthwhile," he said.

Funkenhauser also writes for DX publications. He has a monthly column in *DX Ontario*.

and is a contributor to publications such as *Proceedings*.

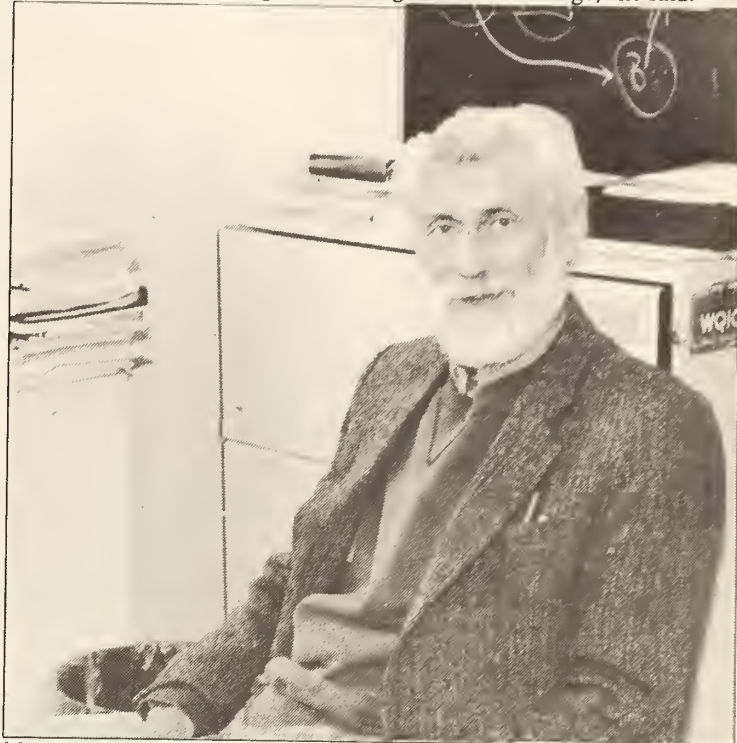
In his spare time, he paints, does some photography and spends as much time as he can at his cottage on Georgian Bay.

Funkenhauser does not have a lot of spare time these days as he is kept busy with work. But he obviously enjoys his work and the students. He said he is looking forward to his sabbatical, but also of returning to teach.

Funkenhauser said he is proud of

the materials management course and the success of its graduates.

"It's one of the best business programs in the college," he said.



Materials management teacher Werner Funkenhauser is looking forward to a working leave that will give him the latest computer knowledge relevant to the program.

(Photo by Kim Breese)

University advanced standing offered to some Conestoga graduates

By Lori Grant

Thinking about attending university after graduation? If so, being a Conestoga graduate may be useful for your university career.

Selected Conestoga grads have the opportunity to seek admission to some Ontario universities to obtain a degree with advanced standing.

A new publication, the Ontario Transfer Guide outlines the college-university links throughout Ontario. The guide specifies the levels of achievement and requirements grads need to be eligible for advanced standing.

The guide was introduced because there was a great deal of attention and effort to improve transfer capabilities between colleges and universities, said John

Sawicki director of public relations and communications at Conestoga college.

Improving transfers was the subject of a major report, *No Dead Ends*, by Walter Pitman of the Ministry of Education and Training, he said.

You can find copies of the guide at the Learning Resource Centre at Doon and at other Conestoga campuses and at the registrars office, said Sawicki.

Who is eligible for advanced standing? An information sheet on the guide lists all of the candidates. Graduates of the two-year business program can apply for advanced standing towards a bachelor of commerce at McMaster University in Hamilton.

However, if you are a grad of the three-year business administration

program, you may apply to the bachelor of commerce not just at McMaster, but at Carleton University, Ottawa, and at Lakehead University, Thunderbay.

As well, in the same program, you may apply to Lakehead and to Ryerson Polytechnic University in Toronto for a bachelor of administration.

For early childhood education grads, a bachelor of arts is offered at Brock University, St. Catharines, at Carleton and at Nipissing University, North Bay. Also, Ryerson offers a bachelor of applied arts.

Grads of the two-year engineering technician program can apply to Carleton or to Ryerson for admission to the bachelor of engineering program.

However, grads of the three-year

engineering technology programs, have many options: a bachelor of engineering at Carleton or at Ryerson; a bachelor of engineering science at University of Western Ontario, London and Natural Science I at McMaster.

If you are a grad of civil engineering technology programs and mechanical engineering technology, there are opportunities at Lakehead for a bachelor of engineering or a bachelor of science in physics.

As well, nursing grads who have a certificate of competence from the College of Nurses of Ontario, can apply for advanced standing towards a bachelor of science in nursing at eight Ontario universities: Lakehead, Laurentian (Sudbury), Queen's (Kingston), Ryerson, University of Toronto, University of Windsor, or York

University (Toronto). A bachelor of arts is also a possibility through Nipissing and Laurentian.

Finally, grads of the two-year social services program may apply for a bachelor of social work from Carleton, Lakehead, Ryerson or Western.

However, the above programs may not be the only ones included in the transfer guide in years to come.

Sawicki said there will be more transfer capabilities in the future because this is the direction post-secondary education is headed.

The Ontario Transfer Guide is a project undertaken by the Ministry of Education and Training, the Council of Ontario Universities (COU) and the Association of Colleges of Applied Arts and Technology of Ontario (ACAATO).

Dedication rewarded...

Special needs volunteers recognized for their efforts

By Patti Harding

Nominations for the special needs awards ended April 10 with 14 people nominated for going above and beyond their call of duty.

Marion Mainland, of special needs, said that there are three categories that people can be nominated for; fellow student, faculty or staff member.

To be nominated for this award, the only thing you really have to do is to be a friend, someone that can be counted on, said Mainland.

"The special needs students nominate someone that they feel has gone over and above their regular duties in terms of supporting students with special needs," she said.

Mainland said the person nominated is usually someone who has

been helping the special needs student carry their books, get their lunch or take notes.

She said she knows of one mature nursing student who has taken another student in her class under her wing. The mature student has a child with a learning disability and knows what the other student is going through in terms of her learning disability. She helps the other with studying and doing her work. She walks her up to the special needs office before her exams give her a hug and tells her good luck.

"There's nothing formal — there are no formal matches or anything. It's just another student that's really taken an interest and really been supportive," said Mainland. This year the nominations are half students and half faculty. There were

no staff members nominated for the awards this year.

The special needs staff cannot be nominated, said Mainland. She said the purpose of the awards is to recognize people who volunteer and donate their time and service.

The special needs office, which facilitates about 300 students, has been holding these awards for the last three years and the numbers are increasing every year, said Mainland.

Later in May, the people who have won in each of the three categories and the special needs students, are rewarded for their hard work at a reception. Everybody who was nominated gets a certificate, presented by the student that nominated them, and the winners get a plaque, said Mainland.

The office helps students who are in wheelchairs or using walkers get around the college as comfortably and as quickly as possible. They make sure that the students have a key to the elevator, that their lockers are close to their classrooms and that they have a suitable parking spot.

Access to information in the classroom allows the students to receive books on tape, notetakers and tape-recordings of their classes through the special needs office. The last aspect that the special needs office is involved with is testing accommodation or equipment accommodation.

Mainland said about 60 students use the special needs office for writing exams. She said some need extra time and some need a proctor to

read the questions if they have visual problems.

Others have physical disabilities where they have trouble writing their responses and they have a scribe that writes their responses for them. She added other students just need to be trained on equipment before they can write their exams themselves.

The nominations for the special needs awards are being reviewed by a subcommittee of the college's special needs advisory committee. This subcommittee will make a decision as to who the winner is in each of the three categories and then report back to the special needs office by May 1 with a decision.

"I think it has been really successful," said Mainland.



The Forgotten Rebels (L to R) Jeff Campbell, Mickey De Sadest and Chaz Butcher, play to the Volcano Club crowd April 14. (Photo by David Carlton)

Forgotten Rebels destroy Volcano

By David Carlton

The Volcano in Kitchener lived up to its name when the already-classic punk band, Forgotten Rebels, played to a maniacal crowd April 14.

The heat pouring from the audience was unbearable, even for the band.

The band's set showcased their older material such as the songs "Angry" and "Third Homosexual Murder," to songs from their latest album, *Criminal Zero* such as "Karaoke Night in Attica" and "Auto-Suck".

Vocalist Micky De Sadest engaged in his trademark joke-telling as well as gratuitous sexist comments, while strutting about effeminately on the stage.

One of his jokes poked fun at his recent superficial resemblance to Rod Stewart. He also posed extensively for the photographers who were present.

The Rebels opened up with "Hello, I'm Back Again," a song which all but required audience participation. Guitarist Jeff Campbell was in top form, especially during the band's comical song "Elvis is Dead."

At the end of this song, De Sadest announced the band will be re-releasing an older album, *Pride and Disgrace*.

The crowd went crazy during the songs "Time to Run," and the classic "Surfin' on Heroin."

One other song which seemed well appreciated was "Evelyn Dick," a song about the Hamilton murderess who dismembered her husband.

Bassist Chaz Butcher played brutally, taking time to play "Linus and Lucy" (the theme to the Peanuts cartoon) part-way through the set.

He was at his technical best during this and during the song "Brain washed by Assholes."

After the Rebels returned for an encore, they played "Search and Destroy" by Iggy Pop, "Auto-suck" and a Ramones song, and then finished up the evening with their trademark "Surfin' on Heroin."

Security guards had to cope with stage-divers and irate fans who constantly threw beer onto the stage, soaking both the guards and members of the crowd.

The Ottawa-based band Punch-buggy opened up for the Rebels, taking the place of Suckerpunch, who canceled at the last minute.

Punch-buggy was a Ramones/Devo sounding four-man outfit. They were not received quite as well, in spite of their raw aggression on stage.

All things being equal, it was a night which gave proof to the underground culture phrase — "Punk is not dead."

Love & A .45 and the art of imitation

By Kelly Spencer

If imitation constitutes the most sincere form of flattery, then new-found film-maker guru Quentin Tarantino must be delighted. Or maybe he's just flat-out furious that people keep ripping off his style.

C.M. Talkington's *Love & A .45* could have been a bright and invigorating tale of two Texan lovebirds tromping along the gravel roads of crime and filth, eluding the Feds and shooting their way to freedom.

Instead, it was a pale facsimile of the hip Generation X Bonnie and Clyde theme that Tarantino bravely crafted on his own.

It could have been a real refresher, had it not been done to death already with *Natural Born Killers*, *True Romance*, and David Lynch's classic, *Wild At Heart*.

It's not as though Tarantino was the first to marry blood and style on the big screen, even other masterminds of this genre, such as David Lynch, have never known such a hearty response from the masses. Unfortunately, many of the most eloquent films ever created are tossed on a dusty shelf in the family-friendly video stores.

Until recently, if you wanted to be absorbed into something visually compelling with a story line which strayed from the same old song and dance, you had to hunt for it yourself.

Now, for better or for worse, the romantic and ultra-grisly portrayal of life on the flip-side is fast becoming the same old song and dance.

Love & A .45 follows the path of Watty Watts and the curvaceous, stereotypical blonde love of his life, Starlene, as they high-tail their way to Mexico on a honeymoon getaway from the law.

Sound familiar? Wait, it gets better. Watts and Starlene must also dodge the bullets of a loan-shark's knee-busting collection agents — Creepy and Bob. Watt's speed-freak prison buddy, Billy, who botched-up the initial robbery from which all of this mayhem originates, is also on a mission for revenge — and the dirty money.

En route to Mexico, the gruesome twosome kill off a few police officers and manage to slip across the border as Starlene distracts the authorities with what are apparently her only assets in life . . . I think you know what I mean.

Peter Fonda — who must be hard-up for work these days — is Starlene's "handicapped, suburban hippie" dad. He endures one of the many *Reservoir Dogs* moments in the film, when his finger is unmercifully cut off by one of the collection goons.

Needless to say, this scene hardly matches the impact that Michael Madsen had when he did it with an ear in Tarantino's version.

And the salute to *Reservoir Dogs* doesn't stop there. Creepy takes a bullet to the gut before Billy and Bob take a round out of Starlene's parents, and the car-ride that follows sounds like a cover-version of Tim Roth's performance in Tarantino's piece. He squeals the same. He squirms the same. The only difference is that Creepy dies immediately. Well, thank goodness for something original.

There is a fine line between inspiration and imitation, and *Love & A .45* doesn't even seem to be discreet about which side it rests on.

So, in the end all of the bad guys perish and the charming, likeable, trigger-happy lovers drive off into the sunset. But before such bliss, there's a lot of surreal camera images and distorted character sketches which were refreshing bits of cinematic magic the first time around.

The few scraps of script which didn't lend themselves to blatant comparison to the work of others, were admittedly good.

Which suggests that, had the director kept his hands in his own cookie-jar, this could have been a gem.

Instead, it was little more than cubic zirconia.

ORIENTATION '95

PLANNING COMMITTEE

We Need Your Input!

If you are interested in being a part of the planning committee for Orientation '95 see Becky at the DSA Activities Office



shinerama '95

Co-ordinator

The DSA requires an individual to co-ordinate SHINERAMA '95.

Must be willing to volunteer 10 hours per week from May 1 to Sept, 9, 1995.

Apply at the DSA Activities Office by Thurs. April 13.

see Support on page #10

J 2

Dazed and Confused

Z r

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Produced by semester two journalism students.

Support for decriminalization

...continued from page #9

"In our view, six months in jail for possession of cannabis for a first offence is ludicrous, as is one year for possession on a second charge," said Copeland. "The purpose of prosecuting someone who grows one or two plants at home for producing cannabis is beyond me."

The RCMP and the Canadian Association of Chiefs of Police welcome Bill C-7 as a tool for drug enforcement.

B.V. King, chairman of the Drug Abuse Committee for the chiefs' association, said his organization, "does not support nor do we endorse the legalization or the decriminalization of marijuana or other illicit substances beyond the current boundaries."

Hemp organizations who oppose marijuana prohibition also offer up statements made by the Canadian Bar Association and Canadian Medical Association in their fight to decriminalize marijuana use.

The Canadian Bar Association recommended in 1978 the decriminalization of simple possession and cultivation of cannabis for an adult's use and the non-profit transfer of small amounts of cannabis between adult users.

The Canadian Bar Association and Canadian Medical Association both recommended that the jurisdictional control of marijuana be moved from the Narcotics Act to the Food and Drug Act.

The Canadian Medical Association added that all past criminal

records related to simple possession be erased.

Although recreational use of marijuana is illegal, the cannabis hemp plant can be used for many purposes.

National and international organizations like the International Hemp Association and H.E.M.P. Canada want the world to know that cannabis hemp is a viable environmental and agricultural product.

According to H.E.M.P. Canada, less than half a hectare of hemp will produce as much pulp for paper as 1.6 hectares of trees over a 20-year period. Hemp paper is suitable for recycle use seven to eight times, compared with three times for wood paper.

Hemp grown for the production of biomass fuels can provide all of our gas, oil and coal energy needs and end dependence on fossil fuels.

"Everything we sell is environmentally friendly," says Lazic, owner of Shakedown Street at the corner of King Street and Water Street in downtown Kitchener.

According to Lazic, 25 per cent of his merchandise is hemp-related products like magazines, books and t-shirts.

A sign in Lazic's two-year-old store says, "Shakedown Street does not support or encourage the use of marijuana or any other illegal substances, but does support the use of hemp and hemp products."

"Our main thing is educating people so people know the truth. These are the facts — hemp is totally environmentally friendly," says Lazic.

Campus drinking on the upswing

Substance abuse among undergraduate students is causing changes in academic and behavioral patterns, says a study released Feb. 2, in Toronto.

The Addiction Research Foundation conducted a \$45,000 study in 1993 called *University Student Drug Use and Lifestyle Behaviors*.

The information was collected from 6,208 university students who returned questionnaires mailed at the beginning of 1993. The study targeted students enrolled in six of the 16 universities in Ontario. It estimates the amount of alcohol and drug use among Ontario undergraduate university students.

The study shows that drinking on university campuses is no longer declining as it did in the 1980s. It says the problem is not that more students are drinking but that hardcore drinkers are drinking more.

The study also shows an increase in drug use since the 1980s.

The report says it is the responsibility of the university administrators to fix the problems. It suggests an increase in education regarding alcohol and drug awareness through programs and activities is needed.

Approximately 88 per cent of the administration and 54 per cent of the students were supportive of such recommendations.

The study analyzed behavioral patterns of students according to physical, social, legal and academic changes.

The greatest changes were in academics where students cut class or received lower grades because of alcohol or drug use.

The study says 94 per cent of Ontario university students consumed alcohol during the previous year. Over half (69 per cent) consumed less than 15 drinks per week.

The average weekly consumption was almost 14 drinks. Another 16 per cent of the students are at hazardous levels of drinking (15-28 drinks per week), 16 per cent are drinking 29 or more drinks per week.

According to the study the most commonly used substance was cannabis, used by 45 per cent of the students. Hallucinogens, LSD and stimulants were the next most popular among students.

Cocaine, tranquilizers, barbiturates, steroids and heroin were used by less than 10 per cent of the stu-

dents.

However, the report also says both alcohol and drug use affect students' grades. Students with a lower average were more likely to drink at least 15 drinks per week.

The percentages reported in the study show that for all drugs, students with a D average reported the highest rates of use.

There were significant differences by year, the study reports, with fewer fourth-year students reporting lower grades as a result of drinking or drug use in the past two months than first- second- or third-year students.

The report says male students were more likely to have lower grades from drinking.

While the rates of drug use were low compared to the use of alcohol, the study says, there is still a high percentage of students using them.

It also says the highest percentage of drinking and drug use was reported in on-campus residence. Percentages reported in the study shows the number of students living on their own either on or off campus had the highest rate of drug use compared to students living with parents.

Student sees no danger in drug use

By Rob Dietrich

His friends call him Rimmer. He has been using drugs regularly since he was in Grade 10. He is now 20 years old.

He was introduced to marijuana at a party by some older friends while he was attending high school at Galt collegiate institute.

There wasn't much drug use in his school at the time, says Rimmer. Some students had experimented with it once or twice and there were a few heavy users who pretty much supplied it for everyone else.

Rimmer has used marijuana, hashish, LSD and mushrooms but says he would never use cocaine, heroin or crack. "No way man, I'm not a junkie and I'm not stupid either."

Marijuana and hash are what he prefers to use because they are easy to acquire, the effects do not last too long and he can vary the ways in which he takes them.

He says he likes getting high because it is fun, fairly cheap, and it doesn't give him a hangover the next morning.

"They're great. It's like being drunk, sort of," says Rimmer. "Sometimes I think of wild stuff and it's really cool to listen to certain music while I'm high, like the Power of One soundtrack and the Solitudes tapes - like wolf calls and crickets, rain and running water."

He uses drugs about eight to 10 times a month but says he is not addicted to them.

"I use them moderately, moderately heavy (laughs), but it is in control," he says.

time without using drugs, but, "with drugs everyone is Mr. Goodtimes."

Rimmer says he has not had a bad experience with drugs. "I haven't done acid much so I haven't had a bad trip or anything," he says. "The worst for me would be doing some really good herb (marijuana) and then just falling asleep because it can make you so tired."

He says he doesn't feel he has experienced any negative effects from his drug use, other than a foggy mind the day after getting high.

His parents are unaware of his drug use and he attributes that to the fact he has never missed a day of school or work because of drugs.

"There hasn't been any effect on my attendance at school but actually, my marks in Grade 12 and 13 and in college, when I have done the most

drugs, are higher than before by about 10 per cent," says Rimmer.

Does he think drugs have helped him achieve that extra 10 per cent?

"I don't know but it shows that it certainly hasn't hurt my marks," he says.

When asked if he is afraid of the harm that his drug use may do to him, he says, "No, they have treated me well."



A student demonstrates how to do a tunnel-toke using hash.
 (Photo by Rob Dietrich)

He has had a job since Grade 9 and says he spends between \$40 and \$60 a month getting high. He says that he doesn't always have to buy drugs because it is common for people to share their drugs with others.

"Mostly everyone is like that so you could go a month without spending much at all but getting high a lot," says Rimmer, who attends Seneca College.

Rimmer says he can have a good

Addiction knows no boundaries, says research co-ordinator

By Barbara Walden

Does your use of alcohol or drugs have an effect on where you want to be in life? Does it interfere with your goals?

These are a few of the questions

you should ask yourself to determine if you have a substance abuse problem, says Robert Murray, co-ordinator of the Assessment and Referral Service at the Addiction Research Foundation (ARF) in Kitchener.

"You have to assess your relationship to alcohol or drugs," says Murray. "How is it affecting your life? Is it interfering with how you want to be in the world? If you conclude there are some negative consequences, now would be the time to decide if you would benefit from some assistance."

Murray says women in general are more sensitive to the early signs of alcohol and drug abuse than men, although it is not known why.

He says for certain people it takes a negative trigger before they take action. It may be an impaired driving charge, problems in a relationship, financial troubles, problems at work, or even their physician telling them their health will suffer if they don't take action.

Many people do not hit bottom before seeking assistance, he says. They are what is known as "high bottom". They seek assistance or enter a self-change process much earlier, says Murray.

"Addiction is a sneaky process," says Murray. "It can slowly build and surface in ways that surprise the individual as much as anyone else. They don't recognize that they have been on a steady climb upwards."

If a person feels he or she has a problem, he says, the best course of

action is to talk to someone he or she trusts — a friend, a doctor or nurse, or a counselling service.

"Addiction is a sneaky process."

—Robert Murray

He suggests people look in the Yellow Pages under *Addiction Information and Treatment Centres* and call a local treatment service.

The Addiction Research Foundation provides free counselling or referral to another service that can help. The foundation is known as a "gateway service" to options that best match an individual's problem, says Murray.

"We don't even think in terms of whether a person is an alcoholic," he says. "It is not part of our vocabulary as professional people."

It is a label that is negative, says Murray. It doesn't encourage positive motivation or entry into a change process. "It pushes people back in their chairs. They say 'hold on now, that doesn't apply to me.'"

Most people assume that if they have a problem they will be told they have to be totally abstinent, says Murray. However, there are many people who can safely lower the amount of alcohol they use,

Murray says.

"The major challenge is to find the option that best suits the individual in terms of their goals," says Murray.

Alcohol and drug abuse affects people in all walks of life. It knows no boundaries, he says.

If it is suspected a friend or relative has a substance abuse problem, Murray says, it must first be recognized that only that person has control over his or her problem. People must understand and recognize their limits where substance abusers are concerned.

"Many people do not hit bottom before seeking assistance."

—Robert Murray

Murray suggests concern be expressed in a caring and sensitive manner.

"Approach the person as you would want to be approached."

Murray also suggests giving the person specific feedback. Talk about the behavior but avoid labelling or being judgemental, says Murray.

Provide the person with ideas of what can be done to seek help or change the behavior.



Sally Laidlaw of the Addiction Research Foundation displays some resources available on addictions. (Photo by Barbara Walden)

Al-Anon support group proposed for Conestoga College

By Samantha Craggs

A support group for adult children of alcoholics may be organized at Conestoga College, thanks to mature student Corinne Gallant.

A first year general arts and sciences student, Gallant, 36, has been a member of Al-Anon for 18 years. She says the Al-Anon Adult Children group is a branch of the Al-Anon program which focuses on children of alcoholics.

Gallant is preparing a letter to present to the school administration requesting space and permission to hold the meetings. She says the meetings would benefit members but would also help her.

She says she sometimes feels too tired to go to a meeting on a Thursday night. She says she could benefit from a meeting through the week because she gets stressed out from her workload.

"Sometimes I need someone to talk to, and I can't reach for the phone when I'm in school," Gallant says. "Alcoholism affects us in different ways and I feel there's probably people here who could use the program."

The only requirement to join Al-Anon is that alcoholism be a problem for a relative or friend.

"It could be a co-worker, a teacher, a friend or a neighbor — somebody you have contact with," says Gallant. "It could be a grand-

coffee, literature and pamphlets. Members donate as much as they can afford, even if it's only pennies.

"We don't go out and ask people

outside intervention.

Gallant says Conestoga's special needs department and some of her fellow Al-Anon members are will-

Alateen is a group for teenage children of alcoholics. She says misinformation makes people afraid to get help, and she wants to correct the book's error.

After Gallant submits the letter, she must wait for permission from the college administration to organize the group. She says in the meantime she wants to tell children of alcoholics they're not alone and Al-Anon is out there.

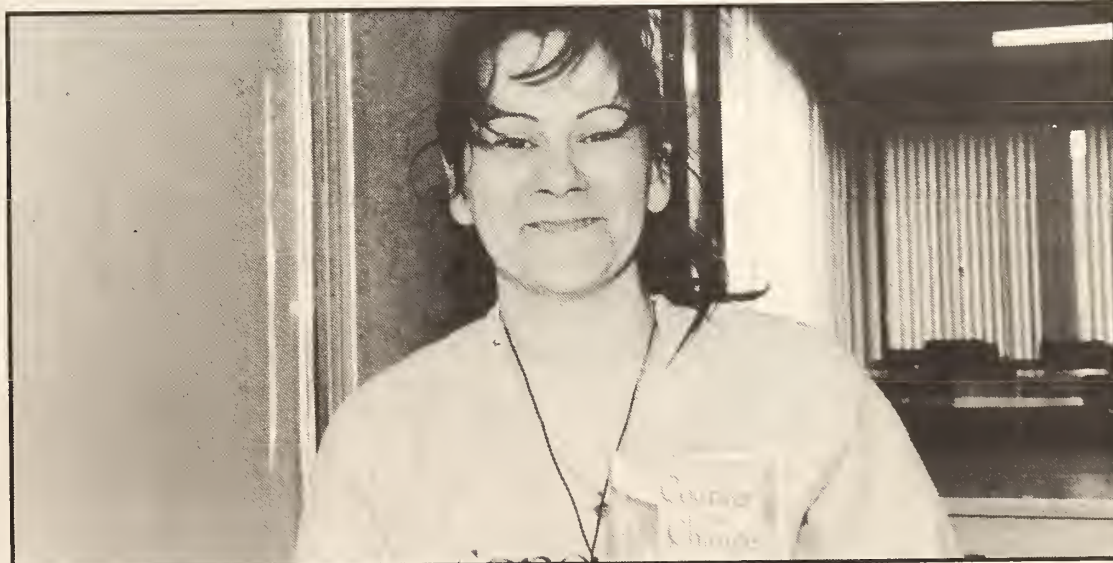
"As an adult child of an alcoholic, sometimes I feel very alone, and being in a fellowship like Al-Anon helps," Gallant says. "They are really my family."

She says her family never showed her the concern she needed. She says sometimes they didn't listen to her, care for her or understand her. The people in her Al-Anon group do, she says, and they're not even related to her.

Gallant says she wants to reach out to others and in order to do that she has to remember where she came from and what she's learned from the program.

"I want to share it with others and in order to share it I have to break my anonymity like others have done with me in the past," Gallant says.

For information on Al-Anon Adult Children, call 742-6921.



Corinne Gallant displays a sample of the books and materials she donated to the Doon Campus's Learning Resource Centre. (Photo by Samantha Craggs)

father who is dead, or someone that you lived with or went to visit and it affected you. You just have to have been around someone who drinks."

She says there is no fee to join an Al-Anon group, and groups get by on donations from members. Gallant says donations are spent on

for money," Gallant says.

"We don't put car washes on or anything. We don't say 'We are children of alcoholics' or 'We are wives of alcoholics, give us money.'"

Members remain anonymous, using first names only, and share experiences without interruption or

ing to help her with the group.

Gallant made a presentation to six classes in the Social Problems course at Conestoga after she read incorrect information in the course textbook, *Social Problems*, by William Kornblum and Joseph Julian. The text said Alateen was a group for teenage alcoholics, when in fact

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Dazed and Confused

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Flaws in health system invite prescription abuse

By Kean Doherty

Patients — not doctors — are at fault for addictions to prescription drugs because most addicts are smart and know where to get prescriptions, says a Kitchener doctor.

Canada is among the top three users of codeine in the world, according to Dr. Ivan Jagas, a self-employed general practitioner.

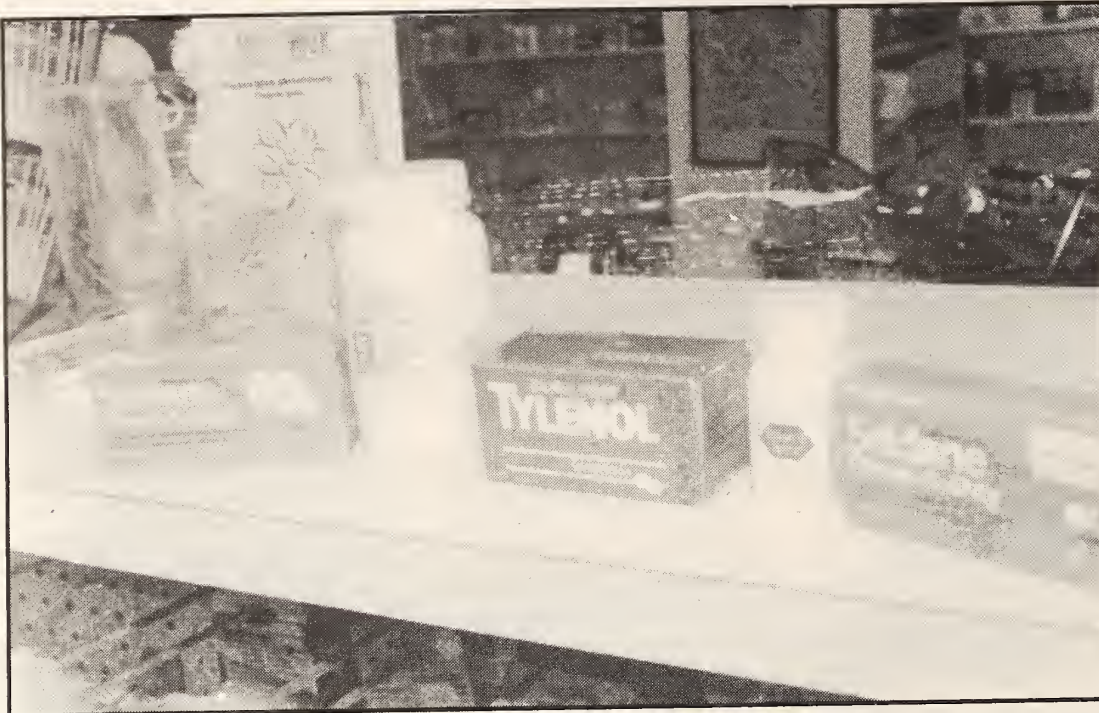
Jagas says that while most addictions are caused by mild sedatives like Valium, Prozac, Tylenol and Percodan, some patients become addicted to harder drugs by obtaining prescriptions from a variety of doctors.

The case of a Kitchener doctor, Rosemary Arnold, who is on trial in Toronto for professional misconduct and improper prescribing of narcotics, has brought to light the problems some doctors face when writing prescriptions.

Health care programs make it easier to obtain prescribed sedatives, says Jagas, however most doctors don't propagate the abuse, they cut off suspected abusers.

Jagas says that even though a narcotics board is in place to monitor narcotics prescriptions, it is easy for an unethical doctor or an addict to circumvent the system.

He says one method used by ad-



Tylenol, Seldane, Vivol and Valium are over-the-counter and prescription drugs that contain codeine and are highly addictive in nature. (Photo by Kean Doherty)

dicts to gain multiple prescriptions is to go from doctor to doctor in different cities.

Because there is no way of knowing patients' medical histories, it is easy for them to have a doctor prescribe controlled substances.

"If Dr. Arnold is guilty, it's a rare case," says Jagas, "because most doctors are reputable and their eth-

ics are centred around the treatment of patients."

At his own practice, Jagas does not believe in prescribing anything but over-the-counter drugs until he is left with no other alternative.

"I wait and let things run their course," he says.

If a patient becomes addicted to medication, he says he slowly de-

creases the amount of medication until the patient is off it.

Jagas says the only way to avoid further abuses within the system is to put all prescription histories on the Internet to control doses.

Merv Mothersell, the public relations director at the K-W Hospital Detoxification Centre, adds credence to Dr. Jagas' statements.

The centre had over 2,600 admissions last year, of which approximately 40 per cent were drug addicts, says Mothersell.

Of that 40 per cent, most were addicted to a combination of illicit and prescription drugs.

While some doctors may be unethical, says Mothersell, they are pawns in a flawed system.

"They (doctors) treat their patients the best way they can but abuse of prescriptions is rampant," he says.

A common addiction among detox patients is methadone abuse, says Mothersell.

This highly addictive drug is prescribed to addicts trying to get off heroin and is most often prescribed by doctors.

"For these types, it is very easy to stay addicted to methadone," he says, "because there is no way for doctors to know the histories of these addicts."

Mothersell says there are so many prescription abusers because many excuses are made by addicts and allowances are made by others which allow them to continue abusing.

Mothersell suggests a simple solution to the problem.

"Everyone should be allowed to experience the consequences of their own behavior," he says.

Former drug user counsels young addicts

By Deena Noble

Alcohol and drug abuse had been a Kitchener man's lifestyle since he was nine years old. Now almost 40, Gerard Keough says he has succeeded in remaining sober and uses his experiences to help others.

Keough works as a counsellor at a halfway house with people coming out of the federal prison system and is a volunteer at the Young Adults Substance Abuse Clinic in Kitchener.

The clinic is an out-patient program where there are groups and one-on-one counselling for people

with substance abuse problems.

"I thought it would be a good way to help someone else and give a little back to my community," he says.

"Where kids do go wrong is they don't consider the consequences of their actions."

—Gerard Keough.

The focus, he says, is to build self-esteem and work on problem-solving skills. He says self-esteem governs a large part of our lives and is sometimes determined by the environment we grow up in. "It is a way of fitting in," Keough says. "I looked at the way people behaved when they drank — happy, jovial. Everybody liked them. It was a way for me to escape who I was."

Keough says using drugs and alcohol are not solutions to underlying problems. "Separate the addiction from the individual and the drug from the problem. Take it away and look at why. Those are the problems."

Keough says he always knew he had a problem but he did not want to do anything about it. He says he was afraid to change because he might fail, or he might succeed and turn into something he did not want to be.

"As soon as I stopped using I

didn't want to become a nerd, go put tape on my glasses and cut my hair short," Keough says. He quit using drugs and alcohol and was able to remain who he wanted to be.

"I don't look any different today than when I was using, except I look a lot healthier," says Keough.

There has to be some inner motivation for recovery to happen, says Keough. It is up to the individual and no one else when he/she decides it's time for help.

"If a person has a drop of motivation you can fill up the cup pretty easily," he says. "If there is none at all then it's really difficult."

Keough says he has never forgotten the way he lived his life and the pain he caused his family. He says he can remember getting older and having nothing in his life. His days consisted of getting and remaining high, he says.

"I don't look any different today than when I was using, except I look a lot healthier."

—Gerard Keough

Keough was 32 when he gave up his addiction, he says. Today he does public speaking in high schools and for agencies where he talks about the clinic and about his own life.

With younger people, he says, he stresses how people are influenced by their friends and society. He also speaks about how not to get involved with activities such as gangs and violence that are unhealthy for them.

"Separate the addiction from the individual and the drug from the problem."

—Gerard Keough.

Society glamorizes alcohol and people are made to believe drinking beer is going to make them cool, says Keough. "Part of the problem is the approach we take as a society."

Keough says he believes young people growing up today are changing. They are becoming more knowledgeable about drugs and alcohol and are making better decisions, he says.

"Where kids do go wrong," Keough says, "is they don't consider the consequences of their actions. They think about the here and now."

Keough says he doesn't have a desire to drink or use drugs.

He says he is finished with just existing and now feels that his life is fulfilling.

He says the lifestyle he has chosen has made him who he is today.



Alcohol and drug abuse can lead to life on the streets as illustrated here. (Photo by Deena Noble)